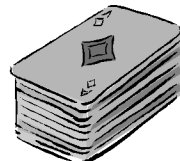


7 WAYS TO SIZE UP YOUR SERVINGS!

Develop an "eye" for size!
Comparing portion sizes to everyday objects helps you choose the amount of a food that is right for you.

1

3 ounces of meat is about the size and thickness of a deck of playing cards.



2

A medium apple or peach is about the size of a tennis ball.



3

1 1/2 ounces of cheese is about the size of 6 stacked dice.



4

A 1/2 cup of pasta or rice is about the size of a computer mouse.



5

1 cup of mashed potatoes or broccoli is about the size of your fist.



6

1 cup of milk is a small 8-ounce milk bottle.



7

A bagel is about the size of a hockey puck.



One size doesn't fit all!

To find your personal eating plan with the foods and amounts that are right for you, go to www.mypyramid.gov

